

Preparing for Your Surgery

This leaflet provides information on what you need to do before your surgery.

One week before surgery

- **Anaesthetist appointment:** You may be asked to see your anaesthetist before your surgery. During this visit, you will discuss your medications, heart health, and other relevant matters.
- **Blood tests:** You may need to have blood tests before your surgery.
- **Cross match blood test:** If you are having a joint replacement (e.g., hip or knee replacement), you will need a special blood test called a “crossmatch”. This test is taken 3-5 days before surgery and sent to the Limassol General Hospital blood bank. It is **mandatory** for all patients undergoing such surgery, and we arrange for a courier to have the blood available on the day of surgery and return it after surgery if not needed. This service is not covered by GHS and is charged to the patient.

The day before surgery

- **Light meal:** Eat a light meal the evening before your surgery.
- **Alcohol:** Avoid alcohol for at least 24 hours before surgery.
- **Medication:** Pack all of your regular medications, as well as any other medications that your medical team may have prescribed for your surgery (eg antithrombotic medications, pain killers etc)
- **Shower:** It is recommended to shower well in the days leading up to surgery, ideally using an antibacterial soap like Octenisan, which can be purchased from a pharmacy.
- **Shaving:** Avoid shaving the area where the surgery will be performed (e.g., knee) as this will be done on the day of surgery by the medical team.

On the day of surgery

- **Fasting:** You must come to the hospital fasting, even if your surgery is under local anaesthesia.
- **What to bring:** Bring necessary items such as toothbrush, toothpaste, slippers, pyjamas, phone and tablet chargers, towels, incontinence pads if needed. Please **do not** bring valuable jewellery or large amounts of cash.

General guidelines

- If you have any questions or concerns, please contact the hospital.
- It is important to follow the instructions of the hospital staff.
- Make sure to bring all necessary documents, such as your ID or passport.

This information is intended to help you prepare for your surgery. It is important to discuss any questions or concerns with your surgeon or the hospital.